On Your Toes! -5c Everywhere

Luscious little raisins in little red boxes-when you feel a little hungry, lazy,

tired or faint. 75% pure fruit sugar.

Full of quick-acting energizing nutriment-also foodiron, fine food for the blood.

Put you on your toes, and keep you there if you eat a little box or two per day.

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Little Sun-Maids

"Between-Meal"

Had Your Iron Today?



The Christmas Issue The Billboard

Christmas 1922





Women! Dye ANYTHING NEW FOR FEW CENTS

Skirts Coate Walste

Curtains Sweaters Coverings

Ginghams Stockings Everything



Buy "Diamond Dyes"-no other kind-and follow the simple directions in every package Don't wonder whether you can dye or tint suc essfully, because perfect home dyeing is guar anteed with Diamond Dyes even if you have over dyed before. Just tell your druggis her the material you wish to dye is wool er silk, or whether it is linen, cotton o mixed goods. Diamond Dyes never streak



The Diary of a Professional Movie Fan

BY GLADYS HALL.

Bebe Daniels Sees New York.

The other morning, quite early, I went to call upon Bebe Daniels. It was almost the first day of her very first trip to the city of New York. Of course I knew that she would be full of thoughts anent the subway and County to the head to status of Liberty. irant's tomb and the Statue of Liberty and other points of interest to young visitors. But I found her bemoaning



Girls and Their Interests

BY HELEN H. FETTER.

HE Central Bulletin has an interesting item regarding the new regulations to be observed at the swimming meets for the girls of the school. As swimming is begins of the school. As swimming is begins increasingly regular among the coming increasingly popular among the girls of the city for a winter sport, as well as for outdoor indulgence in the balmy days of the summer vacation, it is quite possible that some of the other

The girls' swimming team of Central meets every Thursday in preparation for the "C" meets. Their report, including the new regulation, fol-

The main points were about what a

The main points were about what a leader means. The girls were also told the requirements governing their entrance in a letter meet and the rules of the atheletic association concerning the award of "C's."

A new precedent will be set this year: a gray tank suit will be given to each girl, instead of the usual gift of a cap. As there are sixty leaders this year, this will be quite an undertaking, but it is believed that the team has enough money to do it.

A record number are on the team this year, and there should be exceptionally good work. Every semester from the first to the eighth, inclusive, is represented among the leaders. It is hoped by the members of the club that they may be able to secure the tearoom of the Grace Dodge Hotel for the dance, which will be of a semi-closed nature.

Miss Edna Burrows, president of the Alumnae Chapter, presided at the meeting and is chalman of the committee of arrangements for the dance.

TECH STUDENTS PLAY.

MISS MARGARET BENNIT is the play to be given at Technical High School early in January, under the play to be given at manuary.

THE Central Bulletin has an in- Elizabeth Fallon, Ruth Garrison, Dor

CHRISTMAS WORK.

THE Alumnae Chapter of the Mer-School, held a short meeting Tuesgirls' swimming clubs will be interested day night and discussed particularly in the new suggestions given in this what the chapter would do in the way of welfare work for Christmas. It was decided that it would provide food, clothing and gifts for two poor families

The subject of a social entertain-ment for the chapter was also discussed, and a dance was planned to be given about the middle of January. The de-



all. If the mantel itself shows interesting workmanship, if it is sur-

Menu for a Day. BREAKFAST. Shced Bananae

LUNCHEON. Potato Salad Cheese Sandwiches Orange Jelly Sponge Cake Hot Chocolate DINNER.

Barley Soup
Rabbit a la Creole
Indian Rice Stewed Tomatoes
Cranberry Sauce Dinner Rolls
Delicious Raisin Pie
Coffee

History of Dour Name. BY PHILIP FRANCIS NOWLAN

LUTZ

VARIATIONS—Lutzen, Lutzow, Lutzel-burg, Luxemburg, Lutes. RACIAL ORIGIN-German. SOURCE-Geographical.

The family names in this group are not, in all instances, really the same That is to say, they are not derived from the same source, though they are derived in most cases from the BEBE DANIELS IS IN NEW YORK same type of source, the name of a town, city or locality. But the similarity of the names is so great, and there have been so many changes in spelling, from one to the other, that barring definite geneaological tracing of ancestry, the individual family has no method save that of guesswork in determining the specific source of its name.

There is a town in Prussian Saxony named Lutzen famous in history as



The Decorators.

Often the "best decoration" for the top of a mantel is no decoration at all. If the mantel itself shows inter-



Bird Fans as Fantasy of Fashion

BY ANNE RITTENHOUSE,

Certainly we are going back to the costumery of the ancients and of the primitive peoples. We use birds,



ures dangling from the front of her blouse. Today one glances at them amusedly and says: "They're doing that in Paris."

We have put birds, real or composite, on our hats for decades. There's nothing new in that fashion, but we have not put the heads of birds on our fans. More than that we have been rather selective in the aviary. Owls were not considered an attractive decoration for a lady. Now she takes this bird of old grayth, standing for wisdom on the strong, her sport cuff links, the side of her suede helmet, and as a last thought on the large fan she takes to a dinner party or the opera. These owl fans are two-headed. The wise old face looks out at the world from each side of the suede helmet, and as a last thought on the large fan she takes to a dinner party or the opera. These owl fans are two-headed. The wise old face looks out at the world from each side of the suede helmet, and as a last thought on the large fan she takes to a dinner party or the opera. These owl fans are two-headed. The wise old face looks out at the world from each side of the suddence are no longer regarding each other mins that there are many who deplore this fact, but why should they? There is really the world have and the saner homes when there are many who deplore this fact, but why should they? There is really the world world have and the saner homes when there are many who deplore this fact, but why should they? There is really the world world have and the saner homes when there are many who deplore this fact, but why should they? There is really the world have and the saner homes when there are many who deplore this fact, but why should they? There is really the world have and the saner homes when there are many who deplore this fact, but why should they? There is really the world have and the saner homes when the well have and the saner homes when the well have and the saner homes. It isn't the poundation will have and the saner homes when the well have and the saner homes when the summany will have and the saner homes wh these same bird feathers as rivals to the plaited silver bands which dominated the audience at the opening night of the Metropolitan Opera House in New York.

There are small evening turbans of red, blue, black and yellow pin feathers, with a Persian roll of brown tulle at the edge, and there are bags embroidered in birds' feathers which swing from fabric belts on velvet and black brocade gowns.

It is a curious feathers

And pood, natural criticism, uncomplicated by the embarrassments of love.

Will we make mistakes in dealing with this new freedom? Of course we will. Mix-ups always occur when an old order changes. But no mistakes can possibly be worse than the deep-rooted injustice and ignorance which underlay the old regime. And in the end we are going to emergate upon a cleaner, stronger plane of life.

WRITTEN AND ILLUSTRATED BY Clair Robinson



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Lectricity Artial Add.

Consideration with the description of the second state of the





Hard Sauce for Pudding.

Put a spoonful of butter in a bowl with some powdered sugar, cream it and little by little add some milk, stirring all the time until the sugar is all dissolved. Then, when you are going to serve it, put the bowl in some hot water, stirring it all the time. It gives it a soft, glossy look. Flavor with vanilla or any kind of flavoring.

(Copyright, 1922.)

Fig Pudding.